

National Fish Advisory:

The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are advising women who are pregnant or may become pregnant, nursing mothers, and young children to avoid some types of fish and to only eat fish and shellfish that are lower in mercury [EPA 2004]. The types of fish to avoid include shark, swordfish, king mackerel or tilefish because they contain high levels of mercury.

The most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock and catfish. Up to 12 ounces (2 average meals) a week of a variety of fish and shellfish can be eaten. Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. Up to 6 ounces (one average meal) of albacore tuna can be eaten per week.



Did You Know?

Preparation techniques such as cooking, smoking, curing, and freezing **do not** reduce the health hazards from mercury in the fish.

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Gunlock Reservoir largemouth bass fish advisory

**Washington
County, Utah**

Public Health
Information

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Gunlock Reservoir

Gunlock Reservoir is located 15 miles northwest of St. George, Utah in Washington County.



Elevated levels of mercury have been found in largemouth bass in Gunlock Reservoir

Gunlock Fish Advisory:

Due to high mercury levels found in **largemouth bass** from Gunlock Reservoir, Utah Public Health Officials recommended that:

- **Adults limit their intake of these fish to no more than two 8-ounce servings per month.**
- **Pregnant women, nursing mothers, and children under the age of 12 should limit their intake of these fish to no more than one 4-ounce serving per month (A 4-ounce serving of fish is approximately the size of a deck of cards).**

No known illnesses have been associated with eating the largemouth bass from Gunlock.

Any health risks associated with eating the contaminated fish is based on long-term consumption and not tied to eating fish occasionally.

What is Mercury ?

Mercury occurs naturally in the environment and can also be released into the air through industrial pollution. Once released into the air mercury can travel long distances and can accumulate in water bodies. Fish absorb the mercury as they feed in polluted waters. Over time the level of mercury in fish builds up. Mercury builds up more in some types of fish and shellfish than others, depending on what the fish eat.

Did You Know?

Contaminated fish may not look, smell or taste different, but they can still be harmful.

Benefits of Fish:



largemouth bass

It is important to consider the benefits of eating fish as part of a balanced diet.

Fish are an excellent source of protein and have been associated with the reduced risk of heart disease.

The benefits of eating fish also have been associated with low levels of unsaturated fats (e.g., omega-3 polyunsaturated fatty acids), which are essential nutrients. Fish also provide a good source of vitamins and minerals.

The American Heart Association recommends two servings of fish per week as part of a healthy diet.